

# Sports Performance and Coaching

## BSc (Hons)

STUDY MODE  
Full time / Part time

LOCATION  
Moulton

LEVEL  
Level 6

START DATE  
Sept 2025

DURATION  
3 years / 5 years

AWARDING BODY  
University of  
Northampton



Our BSc(Hons) Sports Performance and Coaching degree is the ideal route for students who are excited by working with sports performers, encouraging people into sport and maximising an athletes' potential.

Our course will develop your knowledge and skills to become a dynamic and innovative coach in this rapidly expanding sector.

Making use of our state-of-the-art dedicated sports facilities and science laboratories you'll learn how to critically analyse long-term coaching programmes in relation to the impact on an athlete's performance.

There is no better time to join the fitness industry with roughly 6.7 thousand health and fitness clubs in the United Kingdom with approximately 9.7 million members.

At Moulton you will develop your own coaching style to enhance physical performance. Guided by our expert lecturers with professional experience you will gain theoretical and practical knowledge of the fitness industry which can be applied to a wide variety of sectors.

## What will I learn on the course?

The course combines a mixture of theoretical knowledge and practise, including sports massage, plant assessment, treatment skills and more.

Under the guidance of expert lecturers our BSc (Hons) Sports Performance and Coaching degree will develop your skills enabling you to critically analyse the use of long term coaching programmes and make judgements about how they impact on an athlete's development.

You will also evaluate the theories of how nutritional aids can enhance performance and demonstrate the development of safe and effective strength and conditioning lifting techniques. You will develop, justify and conduct a research project in an area of interest to you.

Modules included in the course are as follows:

- Principles of Fitness and Training
- Coaching Theory and Practice 1

- Human Anatomy and Physiology
- Skills Development
- Introduction Biomechanics
- Study Skills for HE Science
- Introduction to Exercise Physiology
- Applied Physiology for Sport
- Coaching Theory and Practice 2
- Applied Performance and Technical Analysis
- Sport Research Methods
- Psychology of Sport, Exercise & Wellbeing
- Industrial Experience
- Coaching and Theory and Practice 3
- Applied Sports Nutrition and Related Ergogenic Aids
- Applied Human Performance
- Strength and Conditioning
- Research Project

## What will this course cost me?

For information about course fees please refer to our [Fees and Financial Support](#) pages.

## How will I be assessed?

Assessments for our sports studies courses vary depending on your level of study.

Expect everything from written work and practical tests, to presentations and work-based learning assessments. Your course could also include end-of-year exams, research projects and laboratory reports

## Where can it lead to?

These courses will give you the opportunity to work within your chosen vocational area. For Sports Therapy, as practitioners within clinics, clubs or self-employment.

For Sports Performance and Coaching, and Strength and Conditioning you could work within community sport coaching, teaching, high performance coaching and talent identification and performance conditioning.

## What are the entry requirements for this course?

96 UCAS points equivalent to MMM for Level 3 Extended Diploma, DD for Level 3 Diploma, or CCC for A-Levels.

We are interested in students that can demonstrate ability in areas such as experience in the specified field that have not followed a traditional educational pathway. We will review each application and invite you for an interview.

### International Students

If you are an international student looking to study this course please contact our [Student Services team](#) to check the entry

requirements for details on country specific entry requirements.

## Good to know

As part of your course you will be able to attain other qualifications such as Emergency First Aid, Defibrillation Training, Level 4 massage, Fitness Instructing and Personal Training.

There will be an addition charge for these qualifications however this will be at a discounted rate.

Visit this course on our website: <https://www.moulton.ac.uk/courses/pbhsp/sports-performance-and-coaching-bsc-hons-level-6>

For further information please contact the college: <https://www.moulton.ac.uk/contact>